

April 22, 2020

St. Louis County Department of Public Health COVID-19 Update

Depression, Anxiety, and Suicidal Warning Signs

Everyone reacts differently to stressful situations. This hold especially true as we face COVID-19 together and experience things like social distancing, quarantine, and isolation. The longer we face these challenges, the more we should be aware of the mental and emotional well-being of ourselves and our loved ones. Those that have preexisting mental health conditions should continue their treatment and be aware of new or worsening symptoms. Here are some tips to help:

- Stay active.
- Make sure to get enough sleep and rest.
- Stay hydrated and avoid excessive amounts of caffeine or alcohol.
- Eat healthy foods.
- Set limits on media and social media consumption.
- Get accurate information from reputable sources.
- Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation.

Guidance for Public Pools

While there is currently no evidence that COVID-19 can survive in properly disinfected swimming pool water; the virus can be spread in and around a swimming pool environment through person-to-person contact and contact with contaminated surfaces. The current Stay at Home Order lists as prohibited activities: “activities regarding places of public amusement, whether indoors or outdoors, including but not limited to locations with...water parks...”

Public pool owners/operators that have questions or concerns should contact pools.dph@stlouisco.com.

Improved Testing Map

The locations of testing sites on www.stlcorona.com has been updated. It can now filter based on health care provider.

Contact Information

The Missouri Department of Health and Senior Services hotline can be reached at (877)435-8411.

St. Louis County has created a website dedicated to the dissemination of information relating to COVID-19, www.stlcorona.com. Please visit that website or those belonging to the Center for Disease Control (CDC) or the World Health Organization (WHO) for the most current and reputable information.

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